



# WELLNESS CENTER NEWSLETTER

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5% Membership Fees Increase
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## Annual Picnic



The annual member appreciation day is coming soon! In appreciation for your support for the Wellness Center and patience during the shower closure, we are having a delicious barbeque meal for you. Please remember to mark your calendar, and come and have some lunch at the Wellness Center.

Wednesday, September 20th

11:00 a.m. — 1:00 p.m.

Wellness Center Parking Lot | Free

## Don't forget to renew your membership!

Memberships to the Wellness Center expire October 1st. Here is the best way to renew your membership:

1. Drop a check in the PAYMENT BOX at the front desk in the Wellness Center. Make your check payable to: CFEB. There are payment envelopes available at the front desk for cash payments.
2. Pick up your receipt the following day in the receipt basket located at the front desk.
3. Come and enjoy *the best part of your working day!*

### Payment Schedule

#### Annual

October 1 — September 30  
**\$200.00** (Save \$100 by paying annually)

#### Semi-Annual

October 1 — March 31  
April 1 — September 30  
**\$120.00** (Save \$30 by paying semi-annually)

#### Monthly

**\$25.00**

The Wellness Center Committee agreed on a small increase in membership fees for fiscal year 2018. The decision was made to increase fees because the Wellness Center absorbed a few unexpected expenses this past year, including a new key card access control system, cost sharing to pay for the new showers, and replacing broken parts on the equipment. To continue to cover the costs of operating the Wellness Center, and staying true to our mission in providing a low-cost fitness center for everyone in the federal community, fees are only increasing 5%. For example, the annual membership fee is inching up 66 cents a month. In addition, membership fees have remained the same since 2012 and the Center has thrived on many, many upgrades to the building and has also added all new fitness equipment.

Wellness Center members are appreciated, and we thank you for all of your support.

## Locker Rental Drawing

The Wellness Center rents 20 lockers for the men and 20 lockers for the ladies, and members who purchase an annual membership have the option of entering a locker rental drawing. The cost for a locker rental is \$38, pre-paid for October—September. If you would like to rent a locker, please put your name in the \*drawing box located in Wellness Center. One entry per member. **The Drawing will be held on Wednesday, September 27th at noon.** You do not have to be present to win.

**If you are currently renting a locker, you must enter the drawing for the chance to continue to rent a locker.**

**\*THE LOCKER RENTAL DRAWING BOX IS LOCATED BY THE FRONT DESK IN THE WELLNESS CENTER**

# Fed Force Takes 2nd Place

Congratulations to Fed Force! Your Fed Force team took 2nd place in the flag catching, 125 meter races in the 17th annual Dragon Boat races. The Wellness Center looks forward to hosting the fitness training again in 2018! Photos taken by William Yeager.



# New Leader

I would like to give a warm welcome to the new Executive Director of the Colorado Federal Executive Board, Fred Eidson. The Wellness Center is proud to have your leadership and support.

We are happy to share your new journey with you, Fred!

# Wellness Center Photos



The "elusive" telesonix flower discovered in Staunton by Anna Wilson. Consider yourself lucky if you ever see one!



Gene and Sharon work on the battle ropes in the Fit Forever class. Tuesdays at 3 p.m.



Sherry performs a balance and ball toss in the Fit Forever class.



Bike to Work Day 2017



Pilates, every Wednesday at 11:30



Boot Camp, every Monday at 12:00 during the summer.

## September Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 11:35-12:40 Hatha Yoga	2
3	4 LABOR DAY	5 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/ Sue \$10	6 12-12:50 Pilates \$15	7 12-1 Fit Ball 5-6 Yoga w/Sue \$10	8 11:35-12:40 Hatha Yoga	9
10	11 12-1 Boot Camp	12 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	13 3-3:45 Fit Forever 12-12:50 Pilates \$15	14 12-1 Fit Ball 5-6 Yoga w/Sue \$10	15 11:35-12:40 Hatha Yoga	16
17	18 12-1 Boot Camp	19 11:35-12:40 H Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10	20 12-12:50 Pilates \$15	21 12-1 Fit Ball 5-6 Yoga w/Sue \$10	22 11:35-12:40 Hatha Yoga	23
24	25 12-1 Boot Camp	26 3-3:45 Fit Forever 5-6 Yoga w/Sue \$10 (Alternate location)	27	28 12-1 Fit Ball 5-6 Yoga w/Sue \$10 (Alternate location)	29	30

The Wellness Center appreciates the support from the Colorado Federal Executive Board, General Services Administration, and Federal Protective Service. In addition, important sponsors for the Wellness Center are Blue Cross. Blue Shield., Kaiser Permanente, and Government Employee Health Care Association. We thank you all for all the little things, and big things you do for the Center!